



## **Mexico City: In a Snapshot**

El ombligo de la luna (Belly button of the Moon), Mexico, is a country of beautiful landscapes, plentiful vegetation, and neighborly inhabitants. Mexico City, Mexico's largest city and the world's sixth largest metropolitan city in the world, is full of dynamic energy, endless discovery, and countless stories. To describe the city as a whole is difficult as Mexico City consists of many neighborhoods and zones, each with their own character and charm. With a population of nearly 22 million inhabitants, friendly faces are always bustling all over the city. As you walk, you can't help but sense the strong spirit of entrepreneurship, leading you to indulge in some elote (street corn), tamales, or other traditional delicacies native to Mexico. In "El Bosque de Chapultepec", commonly known as Chapultepec Park, you can explore by foot, rent one of the city's Ecobici bikes, or take your pet for a stroll, as Mexico City is welcoming to pets and animals. While wandering Chapultepec, you will surely feel absorbed by the naturalistic atmosphere, appreciating how hard the city workers work to sustain and preserve the environment. If you're interested in learning more about Mexico City's deep history, you should visit "El Centro," the city's center. There, you can explore the many museums, view the historical architecture, dine, and go shopping on the streets, like the locals. In El Centro, you can also take advantage of walking tours in which there are streets that are pedestrian only, emphasizing how walkable and public transport friendly the city is. As you explore you won't help but notice "Torre Latinoamericana", one of Mexico City's first skyscrapers. In fact, you won't find too many throughout the city, as Mexico City can be hit by natural disasters such as Earthquakes. Still, it is recommended that you go up to the tower's observation deck to see a panoramic view of the city. In El Centro you will find "El Zócalo," the city's center plaza where many events happen including parades, fairs, national events and more! The best time to visit El Centro is typically a Sunday, when things are calmer, but if you're looking to be a part of the action, Saturday would be a better choice. Interestingly, the neighborhoods of Mexico City can be as intriguing as the city's cultural hot spots. In neighborhoods like La Condesa, Polanco, Coyacocán or La Roma you will find restaurants, shops, and diverse communities, as Mexico City is an international hub of people, thoughts, ideas, and rich culture.



### “Walking While Black” Seed Bank Notes

1. As a black American, expat and immigrant, in what ways am I visible?
  - a. How am I being perceived and viewed?
  - b. What potential assumptions are being made about me?
2. What makes me feel safe/comfortable on walking journeys?
  - a. The neighborhood, environment, infrastructure, friendliness of people?
3. With my former experiences with police in America, how does that affect my interactions with the police in Mexico?
  - a. What kinds of propaganda have I seen that could potentially affect my views/experiences?
  - b. Are there feelings of anxiousness or fear that arise?
  - c. How do I feel after engaging with the police?
4. What makes a part of the city more walkable than others?
  - a. What makes part of a city more inviting than others?
5. When I go on my walks, why do I avoid certain attire?
  - a. How can I blend in?
  - b. Why would I avoid wearing pajamas, bonnets, durags, something I may have previously been comfortable with?
6. As a woman, do I avoid wearing skirts, shorts or certain outfits to avoid attention?
7. What are the customs for walking in Mexico?
  - a. Are there certain greetings, formalities or customs when interacting with others?
8. As a minority, can I feel free on my walks? Do I intrinsically, without thought, have my guard up?

### Walking in Mexico City Seed Bank Notes

1. Walking an area for the first time versus walking a familiar route?
  - a. What do I notice the first time versus fail to notice my 2nd, 3rd and future journeys (and vice versa)?
  - b. What do I hyperfixate on? What do I intentionally look for?
2. What character is shown in each neighborhood or zone?
  - a. What feeling does each neighborhood bring?
  - b. How does walking to different areas in Mexico make me feel?
3. Why am I inclined to walk faster in certain parts of Mexico (ex:near train stations) but am more willing to casually stroll in others (ex: La Reforma)
4. How does the entrepreneurial spirit in Mexico (vendors, street food, street front stores) affect my walks?
5. What is the big difference between walking in Mexico on a Sunday versus any other day of the week?
6. What do I think about the Pharmacies on every corner (Big brand chain Pharmacies)
  - a. What does that lead me to assume? Why?
7. How can such a beautiful city with so much nature continue to be destroyed by natural disasters?
  - a. How does the city recover? Is it noticeable?
  - b. Do these memories affect how natives perceive or enjoy their own environments?